

15 JANUARY 2004 - 15 APRIL 2004

COMMUNITY CONNECTION

PRIDE OF PICATINNY... Your link to Morale, Welfare &
Recreation and Family Support Programs and Events

<http://w4.pica.army.mil/mwr/>



The Tree was lite...

and Santa arrived!



At a Glance:
Employee Assistance Office...
pg 6
New ITR Bus Trip...pg 9
Contacts and Phone
Numbers...pg 14

Looking Forward...

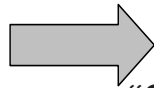


**Kinderscience...we are not just
daycare anymore!**



Liberty Science Center...
"The Wonders of Weather"





Communication and the "Community Connection"

Please let me know how you would like to view the newsletter.

You have a choice: By mail;
On the MWR website; or Both.

Welcome and Editor's Note:

Remember "MWR - is for all of your life". The best Army in the world deserves the best MWR services - count on it!

Our Pledge: First Choice Service Wherever America's Army Serves.

*Self-Reliance * Peace of Mind
* Community * Growth *
Renewal

If you have an article for the connection please provide it to Sue Elias, email - selias@pica.army.mil or call me at (973) 724-7246.

We provide quality of life programs to the Picatinny Arsenal Community to include active duty military, retirees, civilian employees, National Guard/Reservists and all their family members as well as to our partnered communities. Our events/programs cover the gamut - recreation, family support, food, beverage and entertainment.

As always I look forward to your feedback.

Sue Elias

You can vote for your choice on the MWR website at <https://w4.pica.army.mil/mwr/CommunityConnection/form.htm>
If not, please email <selias@pica.army.mil> or call MWR Marketing at (973) 724-5385 with your choice. Thank you!

Features of the Morale, Welfare and Recreation webpages:

MWR Homepage -

<https://w4.pica.army.mil/mwr/>

Our programs are listed in alphabetical order.

MWR Calendar of Events,

<http://www.calendarserver.com/calendar/?account=22663>

Details of our major programs and events can be found on these calendar pages. Let us help you plan your calendar and your recreational activities.

MWR Community Connection

is available for you to read at our MWR website:

<https://w4.pica.army.mil/mwr/CurrentNewsletter.pdf>

Look for the MWR link on the Picatinny Federal Credit Union homepage: <http://www.picatinnycu.org/>

In this Issue:

	Pg.
The Cannon Gate	3
Golf	4-5
Blooddrives	6
Employee Assistance	6-8
Bus Trips	9
Disney World Passes	10
Child & Youth Services	11-12
Frog Falls	12
Total Fitness	13
Rod & Gun Assoc	14
PMCC	15
Phone numbers	16

THE PURPOSE OF THIS NEWSLETTER IS TO PROVIDE CURRENT INFORMATION ABOUT MWR, FAMILY SUPPORT AND COMMUNITY EVENTS/PROGRAMS. THE MENTION OR APPEARANCE OF COMMERCIAL VENDORS AND/OR THEIR LOGOS NEITHER IMPLIES NOR CONSTITUTES FEDERAL ENDORSEMENT OF PRODUCTS OR SERVICES.

Editor...Susan P. Elias, Marketing/Advertising Specialist

Contributors...MWR & Family Support Staff

MWR website: <https://w4.pica.army.mil/mwr/>

THE CANNON GATE

CATERING & CONFERENCE CENTER



PICATINNY MONTHLY DINNER BUFFET— Dates for next upcoming buffets are **15 Jan, 19 Feb and 18 Mar 04.** Don't miss our monthly buffet featuring Chef Carved Roast Beef and Fresh Turkey along with full salad bar and homemade soup. A great bargain at \$12 per person. Complimentary glass of beer, wine or soda included.



Training and Business Conferences at the Cannon Gate Catering and Conference Center— We would love to host your next business meeting, conference, working lunch, breakfast meeting...

Our meeting facility can accommodate up to 100 people.

We will work closely with you to ensure that you are getting the most out of your meeting.

We offer a wide range of products that will compliment your meeting...call xCLUB today.



Mr. Gerry Compton, Morale, Welfare and Recreation (MWR) Director, Northeast Region (NERO), Installation Management Agency (IMA) is first Hooah water customer at the PIC. Jeff DiPietro, Food & Beverage & Entertainment Director, MWR, makes the historic sale at Mulligan's (Army's 2001 Themed Operations Mulligan's Award Winner)

MWR Kudos to our most enduring advertiser and sponsor!



By Referral Only®



RE/MAX
American Dream
Independently Owned and Operated
Walter Wurster
Sales Consultant
3108 Route 10
Denville, New Jersey 07834
Office: (973) 361-7700
Toll Free: (800) 648-2998
Fax: (973) 361-8399
Residence: (973) 361-2016
Website: re/maxamericandream.com

THE CLUB
724-CLUB • 989-9079
Fax: 989-2460
BANQUETS/CATERING
724-CLUB •
Fax: 989-2460
EMAIL:
dipietro@pica.army.mil



THE GOLF COURSE & PRO SHOP



Golf Turf Conditions:

We are all aware that the past golf season was one of records. The wettest (June), the most consecutive days of rain (August), and a season with the lowest recorded rounds played in 10+ seasons.

With all that saturated turf, we had an extremely hard time keeping the turf alive and healthy. Many areas that were repaired with soil and seed would be underwater with the next storm.

As many of our golf patrons noticed a number of greens also suffered damage this past season (the likes we haven't seen in many years).

Although we tried to remedy the sparse turf with a combination of recommended turf growing practices (aerification, fertilizer, fungicides), the turf could not fully recover before the next downpour.

By mid August the turf on the new 15th green was also declining. Soil samples were sent to Rutgers for analysis and it was discovered that the turf had a turf root fungus (Pythium) which required the fungicide to be washed down into the plants roots (unlike most fungicides that require drying on the turf plant).

Rutgers also recommended an algaecide to help with the removal of the algae on the putting surface which will allow the new turf plant to grow in. We have followed their recommendations and have seen a remarkable recovery in a very short time (even with the 3 days of 5" of rain in late Oct.). With these new turf protection programs in place next season we can anticipate full turf recovery.

Golf Improvements:

As noted in the last Community Connection we have decided to delay the renovation of the 18th green in order to concentrate on not only turf damage restoration but also the installation of the much needed cart paths on holes # 9, 12 & 14. These holes, when the carts need to be restricted to the paths, were lacking paths. These new paths will allow us to send carts out when conditions require the carts to stay on paths. We began the path on #12 in late Nov. and hope to complete this path along with #9 prior to spring.

The cart bridges are also scheduled to be replaced with #6 being the first to be completed.

Golf Spring Meeting:

We will be discussing many golf related topics at our annual golf spring meeting in mid to late March (watch for announcement). We hope that everyone that plays or is interested in playing golf will come out for an evening of informative as well as social activity.

Golf Holiday Party and Sale:

The annual holiday golf shop party and clearance sale was a huge success again this year. Over 75 golf members, daily fee players, active military golfers and even some non-golfers made their way over to the shop to celebrate the start of the holiday season. The Cannon Gate Catering and Conference Center provided the party atmosphere by supplying the complementary finger food and refreshments. Many of the party goers did some early holiday shopping and took advantage of the special sale discounts and clearance racks. Great company, fine food and good spirits were had by all that attended.

THE GOLF COURSE & PRO SHOP



Golf Promotions Goes to Email:

As the world turns with technology, the new standard of mass communication is no longer hard copy mail. The new way to communicate is internet email. Most of us use internet email every day and some of us use it more so now than the telephone. The golf program is now on board with this change in times and will be using email in the future as the prime source of communication. In the coming months, the golf program will be developing an updated data base of households and soliciting accurate email addresses from all of the golfers. Customers that do not have internet email will have to rely on the standard mail system to receive the information. The change will bring customers closer to the daily action of the golf program to include course condition updates, tournament results, event schedules and promotions. The idea is for the information to find the customer before the customer has to look for the information.

9 Hole Ladies Golf Group -

I would like to take this opportunity to thank Matt, Chris and all the staff in the pro shop for all their help this past season. I would also like to congratulate our 9 hole ladies champion, Beverly Cobb. Thanks to all the ladies who made my job easier with all their help on the guests days and rainouts. I'm sure everyone will be looking forward to a great new season, with better weather. It's not too early to think about becoming a member. All levels of play are encouraged to join. Our season begins April 2004. For information, please call Maureen Gehbauer at 973-584-1439.



18 HOLE WOMEN'S GOLF GROUP

Its going to be a busy year for the 18 Hole Womens Golf Group so mark your calendars...we'll be looking forward to seeing all you ladies out there this year.

...13 Apr - 8:30 Spring Opening Brunch with golf afterwards weather permitting. For 2004 the fee will be \$35.00, with a 1/2 fee of \$17.50 for new members. Membership is open to all ladies who are Club Members.

...Our 3rd Annual Rally for a Cause (Cancer Tournament) will be held on 7 July.

We have some exciting events planned for this year so let's hope for some nice weather....

We always welcome new members...so remember to come on over to Mulligans any Tuesday AM between 7:30AM and 8:00AM....we'll get you signed up.....POC: Jane Buda or Verna Kolman

Pro Shop

724-GOLF * 989-2466

EMAIL:

mugavero@pica.army.mil

ckunkel@pica.army.mil

EMPLOYEE ASSISTANCE OFFICE



The Cost of a Drink by

Sylvia Lippe MA CAD/CPS

Every day we can read it in the newspaper, see it on TV or hear it on the radio: New Jersey is one of the toughest states in the country when it comes to drinking and driving. Yet week after week 25 to 30 people who were convicted of driving while intoxicated (DWI) come to Family Service's Intoxicated Drivers Resource Center for their court-mandated education on alcohol and drug abuse.

--For several years I have been asking two standard questions to the IDRC clients: "How many of you know someone who has gotten a DWI?" and "How many of you thought you were too drunk to drive the night you were arrested?"

--About 50% of the class will raise their hands, answering yes to both questions. So why did they drive? The answer is surprisingly simple. Every one of us has had the same thought -- "It won't happen to me".

--Trust me it can happen to you. You don't have to have a serious problem with alcohol. Many people can reach the legal limit of intoxication and not even realize it. However, you will get caught, that's the basic law of averages!

I'll then ask a third question, "How many of you fully understood all of the consequences of a DWI conviction?" One or two hands may go up.

--So, when I was asked to write this article for your newsletter, I decided that the financial consequences of a DWI might just bring the point home.

--The cost of a DWI conviction in New Jersey is phenomenal. When a person stands before the judge and hears him say "Guilty" this is what he'd better be prepared for:

- 6 – 12 months loss of license.
- \$250 - \$400 court fine, plus \$35 court administrative cost, plus \$100 Drunk Driving Fund, plus \$50 Violent Crimes Act, plus \$75 Safe Community
- Plus, \$200 to DMV for license restoration and administrative cost
- Plus \$150 to Intoxicated Drivers Resource Center, plus two days off work to complete the course.
- Plus \$3,000 Insurance surcharge paid at a rate of \$1000 per year for three years.
- Plus \$1500 legal fees

- Plus \$600 to \$900 additional education courses.
- Plus approximately triple motor vehicle insurance cost (\$1200)

Total Cost. \$ 8,100. This does not include transportation, time lost from work and in some cases, loss of job

--A blood or breath test is part of the evidence considered by the court. A .10 Blood Alcohol Content (BAC) is the legal limit of intoxication. Nearly everyone at this level or above is convicted of DWI.

--Legal intoxication means having a BAC of .10 or higher. It does not refer to feelings of intoxication, staggering or slurred speech uncontrolled emotions, or wild behavior. So acting or feeling sober cannot serve as the guide as to whether or not you are legally intoxicated.

--The next time someone you care about tells you. "Don't have another one, I want to go home," and you insist on "just one more" you're making a very powerful statement. You are saying, "I don't care about your feelings or needs. Alcohol is more important to me than you are."

EMPLOYEE ASSISTANCE OFFICE

--But if you do have that one last drink and are lucky enough to get home without getting caught, do yourself a favor. The next morning go to the bank, open a savings account, and make a deposit of \$8100. Because sooner or later, that's what that "just one more" is going to cost.

****Sylvia Lippe** is the Intoxicated Drivers Resource Center (IDRC) Director for Morris and Warren Counties. She has her Masters Degree in Counseling and is a Certified Alcohol and Drug Counselor. The IDRC is a legally mandated program of education, evaluation and referral. The center is a part of Family Service of Morris County and for the past several years has served over 2,000 court referred people.

**EMPLOYEE
ASSISTANCE**
724-4357



Employee Assistance Officer Ellen Piccolo, along with the new School Age Service/Youth Services Assistance Director Stephanie James, presented a videotape on drug prevention to Picatinny teens. After the movie, the teens helped Piccolo fill Halloween "goody" bags with **"Say BOO to Drugs"**

promotion items, part of the DoD Red Ribbon Campaign celebrated annually to promote a drug-free community. These bags were given to the children participating in the Apple Harvest/Halloween Parade this past Oct 24th.

A Focus On Wellness - Depression

One out of every eight people will suffer from depression at some point in his or her life. Depression is a state of sadness and despair. Experiencing brief periods of depression is normal and is part of almost every person's life. Many things can lead to depression, such as divorce, financial problems, job loss, or death of a loved one. The abuse of alcohol, drugs, and even some medications can cause depression. But, depression can be a disease in itself.

Signs of Depression:-

- Ongoing feelings of helplessness, hopelessness, guilt, or worthlessness, Sadness, crying, tearfulness.
- Poor appetite with weight loss, or overeating with weight gain,
- Loss of interest in participating in pleasurable activities,
- Sleeping too much or too little,
- Difficulty in concentrating or making decisions

Self Help Strategies:

- Be around positive people – Their enthusiasm will energize you and lift your spirits. Keep a regular schedule of sleeping and waking – Irregular or interrupted sleep contributes to fatigue and depression.
- Avoid alcohol or drugs – These substances can cause depression or make it worse.
- Exercise regularly – Do something physical daily, even if it's just walking around the block. Do something new – Walk or drive to a different route, try a new restaurant.
- Express yourself – Get to the heart of your feelings by doing something creative. Be good to yourself- Practice relaxation exercises, visualize pleasant scenes, take a warm bath, and listen to soft music, read a good book. Seek help – Talk to someone you trust.
- Getting Help: If you would like more information please contact the Employee Assistance Office by calling 4-help (4357). Also, a reminder that Picatinny employees and family members are eligible for three covered counseling visits with Family Services of Morris County. Please call for referral information.

EMPLOYEE ASSISTANCE OFFICE



A Focus On Wellness - Overcoming Anxiety

Anxiety can be a feeling of apprehension, dread or fear over a real or imagined threat to your well-being. Some amount of anxiety at times is normal. For example, mild anxiety prompts many people to complete assigned tasks or practice speeches or presentations. Feelings of anxiety can alert you when danger is present. Ongoing anxiety, when there is no apparent reason, is not normal especially if it is overwhelming and gets in the way of your daily activities.

Self Help Strategies:

- What is the cause? – Look for the causes of your anxiety and lessen your exposure to them.
- Talk to someone – Talk about your fears and anxieties with someone you trust.
- Prepare for upcoming events – Anticipate and get ready for situations that you think will cause anxiety, such as speaking in front of a group or dealing with an uncomfortable situation. Imagine yourself feeling calm, confident, and in

control.

- Eat healthy foods – Eat at regular times and don't skip meals.
- Limit caffeine after lunchtime – Too much caffeine can make you edgy and anxious. Drink decaffeinated coffee, tea, colas or water. Avoid chocolates.
- Avoid alcohol and caffeine – They both contain chemicals that can cause anxiety.
- Exercise regularly – Practice relaxation exercises daily such as deep breathing, visualization, or meditation.
- Don't over-commit yourself- Trying to accomplish too much with too little time is a sure-fire way to bring on anxiety.
- Confront your anxieties slowly and gradually – Face your fears a little bit at a time, until you feel comfortable taking on more. Anxiety is a real feeling, but with patience, it can be conquered.

Getting Help: If you would like more information please contact the Employee Assistance Office by calling 4-help (4357). Also, a reminder that Picatinny employees and family members are eligible for three covered counseling visits with Family Services of Morris County. Please call for referral information.

Army Community Service- The following are the Blood Drive Dates for Year 2004:

Feb 13th and Feb 20th
May 21st and May 28th
Aug 27th and Sep 3rd
Nov 5th and Nov 10th
Pheresis Dates:

Jan - 9th
Feb - 6th
Mar - 5th
Apr - 2nd
May - 7th
Jun - 4th
Jul - 9th
Aug - 6th
Sep - 17th
Oct - 8th
Nov - 19th
Dec - 10th

**Call Irene Fredricks, x7247 to
make an appointment or if
you have any questions.**

ITR "TAKE OFF" CENTER

Community Recreation - "Take Off" Center, Bldg 34 - X4014



Upcoming Bus Trips - Guests are always welcome on our trips - sign up family and friends.

Trips in January and February are scheduled particularly for the winter months. They do not involve tickets which must be prepaid. That way, if we have a bad snow storm, we only need to cancel the bus and do not incur a big penalty. All customers would receive a full refund if any trip had to be cancelled due to bad weather.

Atlantic City....3 excursions to Atlantic City are on the calendar. The cost of each trip is \$19. Each trip leaves at 8 AM and will return at the Arsenal at approximately 7:30 PM.
Saturday, 24 January - Caesars - \$7 coin return
Sunday, 22 February - Bally's - Coin return not available at print time
Saturday, 27 March - Casino to be determined

New York City Museum Excursion - Saturday, 7 February - \$15/person for charter bus transportation only - We depart at 9 AM and travel to New York where we make drops at both the Metropolitan Museum of Art and the Museum

of Natural History. You can choose either museum to visit or you can spend the day sight seeing in New York. The bus will pick up at both museums in the afternoon and will be back at Picatinny around 5:30 PM. Entrance fees to the museums are on your own and range from \$5 to \$10.

QVC Studio Tour and Lunch at Simon Pearce Restaurant, West Chester, PA - Saturday, 13 March - Not yet confirmed at print time; this new trip is taking shape and should be perfect to shake off those winter cobwebs. The trip is projected to cost \$49 and includes a 3 course lunch at Simon Pearce which is a beautiful restaurant overlooking the Brandywine River. This restaurant is unique in that they also have a glass-blowing operation and we will be able to observe the glass blowers at work and browse through their retail store where glass and pottery are featured. Then we proceed on to QVC Studios and take their guided walking tour of the world's largest electronic retailer. We will have time to shop the QVC store which makes for a very full day. Sign up for this trip will not begin until 15 Jan when everything

Ringling Brothers Circus at Madison Square

Garden.....tentative date is Saturday, 3 April. Again, at press time the schedule for the performances has not been finalized. The information will be available in mid-December and we ask that you call in January to get further details. The price has yet to be determined but should be around \$40/adult and \$35/child; based on last year's prices.

Coming 24 April...our spring excursion to Mohegan Sun Casino in Connecticut. Call in February for further details.

Entertainment 2004

Books....We still have a few in stock. At \$22, if you didn't get one over the holidays and still want one for yourselves, com'n in and purchase the Morris/ Sussex edition, the Bergen/ Passaic edition or the Hudson/ Union edition. These are two-for-one coupon books with hundreds of fine dining, fast food, sports events, movies and shopping coupons that will save you money all year long.

ITR "TAKE OFF" CENTER

Community Recreation - "Take Off" Center, Bldg 34 - X4014



DisneyWorld Passes

	Adult	Child (3-9)
4 Day Park Hopper	\$193	\$155
5 Day Park Hopper	\$222	\$179
5 Day Park Hopper Plus 2 Options	\$251	\$202
6 Day Park Hopper Plus 3 Options	\$280	\$225
7 Day Park Hopper Plus 4 Options	\$308	\$247

Park Hopper passes are valid at all 4 major Disney attractions; Magic Kingdom, Animal Kingdom, Epcot and MGM Studios. Options entitle you to admissions into Blizzard Beach, Typhoon Lagoon, River Country, Wide World of Sports and Pleasure Island. Passes let you "hop" from park to park as much as you want each day. They also include free use of the transportation system. They need not be used consecutively and they NEVER EXPIRE....so if you use 2 days of a 4 day pass, you still have 2 days to use the next time you go to Disney, whenever that may be. (Ticket prices subject to change when Disney increases prices to the military ticket program.)

Picatinny Guest House and Recreation Trailers:

2 options for your recreation and temporary housing needs. The Guest House, located at 110 Farley Avenue, has 3 motel-like rooms and one Suite. Rooms rent for \$40/night and the Suite is \$56. Reservations are taken on the first working day of each month for the following month; example: on 1 September, all the days in October will open up for reservations. Active Duty have a priority sign up beginning 10 days earlier.

The Recreation Trailers are located on Snakehill Road out by the Heliport. There are 14 fully furnished mobile homes available for rent. Call now to check on availability....there is a two night minimum....so call now whether you need a short term stay or are looking for some temporary housing for a month or two. We may be able to assist you with your lodging needs.

Check out the following military travel websites for your leisure travel needs:

offdutytravel.com
govarm.com
afvclub.com
military.com

Other services at ITR.....

Balloons for all occasions....18" mylar balloons - \$2.50 each
Travel Books...we maintain a lending library of travel books....free one week lending period (Books mainly on the tri-state area)
Travel Brochures....pamphlets and booklets.....free!
Registration for Fitness Center, Rod & Gun Activity and Auto Buys.
Hunting and Fishing Permits.....Opening Day of trout season is listed on the NJ Fish and Game Service as 10 April... 2004 permits will be available at ITR in the new year.

Don't forget your Valentine on Valentine's Day.....coming on Saturday, 14 February. ITR will have a full range of Valentine balloons, stuffed animals, flowering plants and gifts and new this year, Valentine cards. Shop early and we will gladly hold your selection until Friday for you. Do your shopping on base and save yourself the aggravation of going to the Mall.

Ski Tickets.....Mountain Creek
Weekday ticket - \$24
Weekend ticket - \$36

CHILD & YOUTH SERVICES



In association with the nationally recognized **Week of the Young Child**, scheduled for April 18-24, the Child Development Center will celebrate the Month of the Military Child, April 1-30. The month will be filled with special, fun-filled activities that strengthen the child's self perception and sense of accomplishment.

The Week of the Young Child is a time to recognize that children's opportunities are our responsibilities, and to recommit ourselves to ensuring that each and every child experiences the type of early environment—at home, at child care, at school, and in the community—that will promote their early learning.

School Age Services

Where will your children be?
Dec 22 - Jan 3?...Feb 16-17?
Many schools will be closed.
Call School Age Services (973-724-5555) and let us give you peace of mind! We will entertain your children with computer lab time, arts and crafts, sports and recreational games.

Summer Camp 2004 Lottery

On Monday, February 2nd, we will begin accepting summer camp lottery applications. Jr. Camp is for ages 6-10 (K-5th Gr.) and Sr. Camp is for ages 11-14 (Middle School). Summer camp will run for 9 consecutive weeks.

Patrons eligible for the program include Active Duty Military (who do not need to be in lottery but need to sign up at building 3228 by Feb. 19th.), DOD Civilians, Active Duty Military Retirees and DOD Contractors in that order of priority.

The lottery will be drawn at the Teen Center on February 19th. at 9AM.

Camp activities will include sports, arts and crafts, computer lab time, swimming and swimming lessons at the Aquatic Park, weekly field trips and 7 4-H Club activities.

Please call Staff at School Age Services for additional information: 973-724-5555.

"We are not just day care anymore!"

This is a pic of our first 5 Friday session on "Animals! Animals" for 4 and 5 year olds.

Our enrollment is 12 now for our Kinderscience sessions. Our next session will begin January 16th for 5 consecutive Fridays. Classes are 12:30-2:30 pm. Call School Age Services for more details 973-724-5555.



CHILD & YOUTH SERVICES

Family Child Care-

We would like to welcome to our Picatinny community our Certified Family Childcare Providers, Alana and Evelyn. They have been certified by our program and now have space available for your child. The family childcare program conducts extensive background clearances, fire and health inspections, and have received the latest training in life saving skills and child development. These homes are inspected on a regular basis by our CYS team. In addition, these providers will be offering USDA approved meals from a delicious and carefully planned menu. Some of the benefits of using a military homecare environment include: family style care; loving and caring providers; smaller groups; hours are flexible; and location. As always, our programs offer "Open Door Policy." You are most welcomed to visit with your child at any time. Spaces are limited. For more information and to schedule an appointment, please call the Central Enrollment Office at 973-724-5555. We look forward to serving you!

On February 17, Liberty Science Center will be providing a traveling workshop entitled **"The Wonders of Weather"** at SAS/YS in building 3228 at 10:00 am during the day that children are at the program for Winter Break. If you would like your child to attend the program that day to take part in the workshop, please call 973-724-4994 to make a reservation.



Teen Center Thanksgiving
Potluck
21 Nov 03

FROG FALLS



Come be a part of the fun. Are you looking for a place to meet other people in your community? Do you wish you had a place to take a break from your routine? Tired of hearing "I'm Bored" during the summer...

Join Frog Falls Aquatic Park. We will be holding priority registration at the Take Off Center starting in April. Registration schedule is as follows:

5 April- Active Duty Military
19 April- Retired Military
3 May- DOD Civilian
17 May- Contractor

TOTAL FITNESS



3-v-3 Basketball

The 3 on 3 basketball season is well underway. The season will finish up in mid March with a double elimination bracket tournament. The games are held on Monday and Wednesday from 5:00pm - 6:00pm.

Ping Pong Tournament

The Ping Pong Tournament will begin play on 1/12/04. The format of play will be double elimination brackets which will ensure all participants at least 2 matches. Games will be scheduled by the players within 1 week of the match-ups that will be sent via e-mail.

Massage Therapy

Massage therapy is an ongoing program offered at Total Fitness by Karen Tweedley. Times available are Mondays, 2pm - 8pm, Tuesdays and Thursdays, 10-4pm. Call X6215 to make an appointment or for any information. Payment is due when you make the appointment and there is now a 48 hour cancellation policy in effect.

Rec Volleyball

Games are played on Tuesdays and Thursdays at Total Fitness, with two games being played each night. The first game is at 5pm and the second game begins at 6:30. The season will go into approximately the middle of February. The season will conclude with playoffs that will crown a champion.



Ping Pong Tournament

Play will begin on January 12, 2004.

For tournament information please contact the Fitness Center at ext. 6215



Massage Therapy by Karen Tweedley is offered at the Fitness Center.

For Information or to schedule an appointment please call ext. 6215





ROD & GUN ASSOCIATION

ICE FISHING TOURNAMENTS,
ONE OR MORE EACH
WINTER DEPENDING ON ICE,
LONGEST FISH EACH
SPECIES - Dates to be
announced by email notice.

ANNUAL GAME DINNER and
AWARDS held in Feb or March,
keep an eye open for notices on
this event.

Trout Season Opens 10 April
2004..."So You Want To Catch A
10 Pound Trout"?

Join the Rod & Gun Today
Provided you have all your
equipment and permits in order
you can try your luck at the
waterways on Post for some
great fishing. The R&G stocks
lunker trout for Annual Fee
Paying Patrons for a mear \$35.
per year. You have the chance
of catching some real nice trout
20" and up. Also you can pay a
Daily Fee at the Take Off
Center, however if you do the
math you would be better off as
a Annual Fee Patron. With your
support we also stock other
area of the installation with a
verity of fish. Various types of
fishing contests most all are free
to Annual Patrons other would
pay as you go. For some fun in
the sun why not join us and see
what you have been missing.

Rod & Gun activities:
PHEASANT HUNTING
DEER HUNTING
FISH CONTESTS
ICED OVER
SPECIES AND AWARDS
BASS FISHING
TOURNAMENTS
ICE Fishing TOURNAMENTS
FREE USE OF BOATS
FREE USE OF ICE DRILL
LUNKER TROUT POND
(NORTH BASIN)
OUTDOOR ARCHERY
RANGES
TRAP AND SKEET RANGE
SPECIAL EVENTS
YOUTH ACTIVITIES
ROD & GUN OUTSTANDING
SPORTSMEN
CONTRIBUTORS AWARD
NEWSLETTER PUBLISHED
EVERY MONTH SENT VIA
EMAIL TO MEMBERS
GENERAL MEETING EVERY
MONTH, 1ST Wed of the month
- Dinner, 5pm, mtg, 5:30pm

For further information on
joining the R&GA stop in
Building 34, Take Off Center,
Community Recreation Branch
Customer Service.

Suspension of Morale Welfare Recreation (MWR) Skeet and Trap Range Operation -

1. Effective 1 December 2003,
the Skeet and Trap range
recreational activity (adjacent to
old burning grounds) will be
suspended for environmental
stewardship purposes.
2. A review of potential wetlands
in the area taken together with a
review of the skeet and trap
recreational activity resulted in a
determination that continued
operations were not
environmentally prudent.
3. The suspension of the skeet
and trap recreational activity will
remain in effect until a
management review, report and
recommendations are approved
by the Commander which may
enable the resumption of the
activity in the current location
following best environmental
practices.
4. For the long term, master
planning efforts will be
undertaken to determine the
requirements and best location
for this recreational activity
utilizing best management
environmental practices with
potential dual use opportunity for
mission and first responders.
5. The point of contact in this
regard is the undersigned, 973-
724-4157.

/s/ Leon J. Moreau III
Dir, Morale Welfare & Rec

OTHER NEWS

What is PMCC?

The Picatinny Military Civilian Club is a "Command Approved" private non-profit social organization, whose every action results in improved quality of life here through fundraising and volunteering. PMCC members are active as volunteers helping out whenever and wherever they can as the need arises. Through its many fundraisers held throughout the year, PMCC donated approximately \$5,000 to various organizations on post as well as a few national organizations.

Members draw from the Picatinny Military and Civilian community, Active Duty and retirees. If you would like to join, call Vicky Maloney or attend the next function. The dues are only \$15 and cover operating expenses. Polish Pottery : PMCC has a history of supporting community events and will hold fundraisers

throughout the year. Look for Polish Pottery sales at the 1st luncheon and at CHOICES. Get your foursomes ready for the Annual Spring Golf Outing.

PMCC Activities

White Elephant, 6:30 Jan 21st
Grotke Home, 115 Farley Ave;
Wine Tasting, Feb 18th, Time and Place TBD;
Spring Garden Workshop, 7:00
March 17th Home Depot Dover;
Spring Fashion Show April 17th
Place to be determined;
Cooking Demonstration May
19th Community Center

PMCC Board for 2003 –2004:

President: Colleen Grotke
First VP: Sheila Conner
Second VP: Beth Albinson
Treasurer: Liz Gwilliam,
Secretary: Missy Clarke,
Parliamentarian: Tammy Trainor
Activities: Sheila Padgett
Hospitality: Reets Smith
Membership and Reservations:
Vicky Maloney
Donations: Michele Nash
Ways and Means: Amy Hrdy
Historian: Stella Wilson
Honorary President: Elinor
Newman
Honorary Advisor: Kathy Izzo



..."Where Wonders Never Cease"

It is fun to learn and it is free!

Visit the Morale, Welfare and Recreation (MWR) ITR "Take Off" Center, building 34S, Monday thru Friday, 0730 - 1500, to pick up your FREE ADMISSION passes to Liberty Science Center's Open Exhibits. This offer expires June 2004.

When you visit the Liberty Science Center show your access card at the Corporate Membership Desk (the line is much shorter than at the General Admission window).

For directions to Liberty Science Center visit their website: <http://www.lsc.org/welcome.html>

Over 500 free passes to the Liberty Science Center have been issued, got yours??

Vet Clinics - Call to make an appointment, (732) 532-2406 or DSN 992-2406. Next Vet Clinic date will be sometime in February 2004, 0730 to 1230, Bldg 1095. The Clinic will be able to see minor sick call patients.

COMMUNITY CONNECTION

DEPARTMENT OF THE ARMY
COMMANDER, US ARMY TACOM-ARDEC
MARKETING - BUILDING 34N
PICATINNY ARSENAL, NJ 07806-5000
OFFICIAL BUSINESS

Golf Course flooded...11 Dec 03



MORALE, WELFARE & RECREATION AND FAMILY SUPPORT PHONE LISTING

<i>Army Community Service</i>	<i>(973) 724-7247</i>
<i>Aquatic Park</i>	<i>(973) 724-7275</i>
<i>Cannon Gate Catering & Conference Center</i>	<i>(973) 724-2582</i>
<i>Chapel Center</i>	<i>(973) 724-4139</i>
<i>Child Development Center</i>	<i>(973) 724-4337</i>
<i>Child Development Services</i>	<i>(973) 724-4994</i>
<i>Choices</i>	<i>(973) 724-5649</i>
<i>Employee Assistance</i>	<i>(973) 724-4357</i>
<i>Family Child Care</i>	<i>(973) 724-4994</i>
<i>Golf Pro Shop</i>	<i>(973) 724-4653</i>
<i>Lil' Skeeters</i>	<i>(973) 724-2405</i>
<i>Lodging</i>	<i>(973) 724-8855</i>
<i>Information, Ticketing & Registration</i>	<i>(973) 724-4186</i>
<i>Marketing</i>	<i>(973) 724-7246</i>
<i>Outdoor Recreation</i>	<i>(973) 724-4484</i>
<i>Personnel</i>	<i>(973) 724-2261</i>
<i>Rod & Gun Association</i>	<i>(973) 724-4484</i>
<i>School Age Services</i>	<i>(973) 724-5555</i>
<i>Teen Center</i>	<i>(973) 724-7183</i>
<i>Total Fitness</i>	<i>(973) 724-6215</i>

COMMUNITY CONNECTION ... YOUR LINK TO MORALE, WELFARE & RECREATION
AND FAMILY SUPPORT PROGRAMS AND EVENTS FOR JAN/FEB/MAR/APR04